

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2019

Emmitsburg Senior Center

					Trip to Ice Fest leave @ 9:30 Lunch @ 11:30 Canasta @ 12 Tai Chi @1pm GFS @ 1pm	 Groundhog Day
Trip: Friday Feb. 8th Oakes Museum of History 35.00 person Leave @ 9am return @ 3:30pm	Exercise @ 9am Games & puzzles Bowling @ Thunderhead @ 1pm Art class @ 1:30	Strength Training @10am In the News Trivia @ 11 Lunch @ 11:30 Cards & Puzzles <small>Chinese New Year</small>	Exercise @ 9am Games & puzzles Lunch @ 11:30 Bridge @12noon Pickle Ball @ 1pm	Strength Training @ 10 Puzzles & games Lunch @ 11:30 Canasta @ 12 Wii games	Exercise @ 9am Hoop Shoot 10am Lunch @ 11:30 Canasta @ 12 Tai Chi @1pm	
	Exercise @ 9am Games & puzzles Bowling @ Thunderhead @ 1pm Art class @ 1:30	Strength Training @10am MAP/Veterans Information with Keith Midberry, Hospice	Exercise @ 9am Games & puzzles Wii Lunch @ 11:30 Pickle Ball @ 1pm	Strength Training @ 10 Valentine Bingo Bring something red Lunch @ 11:30 <small>Valentine's Day</small>	Exercise @ 9am Hoop Shoot 10am Lunch @ 11:30 Canasta @ 12 Tai Chi @1pm	
Trip: Philip Merrill Environmental Center Leave @ 9:30am return @ 3:30pm \$35.00 person	Exercise @ 9am Games & puzzles Bowling @ Thunderhead @ 1pm Art class @ 1:30 <small>Presidents' Day (US)</small>	Strength Training @10am Blood Pressures @11am Why am I still Awake?	Exercise @ 9am Games & puzzles Wii Lunch @ 11:30 Bridge @12noon Pickle Ball @1pm	Strength Training @ 10 Lunch @ 11:30 Bingo with St. Joseph Ministries	Exercise @ 9am Hoop Shoot 10am Lunch @ 11:30 Canasta @ 12 Tai Chi @1pm	
	Exercise @ 9am Games & puzzles Bowling @ Thunderhead @ 1pm Art class @ 1:30	Strength Training @ 10am Lunch @ 11:30 Memory Café/HeartFields @12:00	Exercise @ 9am Games & puzzles Wii Lunch @ 11:30 Pickle Ball @ 1pm	Strength Training @ 10 Puzzles & games Lunch @ 11:30 Canasta @ 12 Wii games	GFS is Groceries for Seniors. Drive through @ FSC 1pm Contact Linda if you want groceries picked up.	